

Crohn Disease and Ulcerative colitis

Crohn's Disease and Ulcerative Colitis are often viewed as 'invisible illnesses'.

Crohn disease

Crohn disease is an inflammatory disease of the digestive system. Crohn disease causes the lining of your intestines to become inflamed. The lining of your mouth, esophagus, or stomach may also be affected by Crohn disease.

Causes of Crohn disease

It is not known exactly what causes Crohn disease. A family history of Crohn disease increases risk. Immune system may overreact to bacteria or a virus in the digestive tract and cause inflammation and injury. Smoking also increases risk for Crohn disease.

Signs and symptoms of Crohn disease

The most common signs and symptoms include the following:

- Cramping pain on the lower right side of abdomen
- Diarrhea that may be dark or tar-colored, or blood in your bowel movements
- Fever
- More tired than usual
- Loss of appetite, losing weight without trying, or slow growth in children
- Nausea

Treatment

Medicines may be used to decrease inflammation in your digestive tract. Need antibiotics to treat or prevent an infection and antidiarrheal medicine to decrease diarrhea. Immunosuppressants may also be given to slow immune system.

- **Nonsteroidal anti-inflammatory drug**
Relieves pain, decreases inflammation and reduces fever.
- **Anti-inflammatory**
Prevents or counteracts swelling (inflammation) in joints and tissues.
- **Steroid**



Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

- **Immunosuppressive drug**
Reduces immune response.
- **Vitamin**
Helps promote normal body function, growth and development.
- **Antibiotics**
Stops the growth of or kills bacteria.
- **Surgery** may be needed to decrease symptoms or to correct problems such as blockage or bleeding. Healthcare provider may remove the diseased part of intestines and reconnect the healthy parts. Also need to have a colostomy.

Ulcerative Colitis

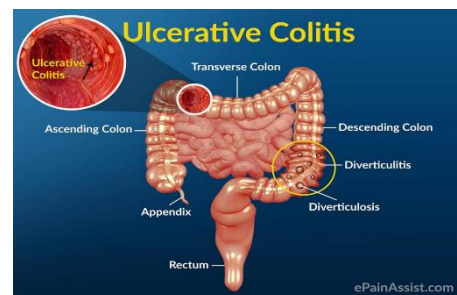
Ulcerative Colitis is swelling and irritation of colon. Colitis may be caused by ulcers or a problem with immune system. Bacteria, a virus, or a parasite may also cause colitis. The cause may not be known.

Symptoms : diarrhea, abdominal pain, fever, or blood or mucus in bowel movement.

Medicines may be given to decrease inflammation in colon and treat diarrhea.

Symptoms Management:

- Drink liquids as directed to help prevent dehydration. Good liquids to drink include water, juice, and broth. Ask how much liquid to drink each day. Need to drink an oral rehydration solution (ORS). An ORS contains a balance of water, salt, and sugar to replace body fluids lost during diarrhea.
- Eat a variety of healthy foods. Healthy foods include fruits, vegetables, whole-grain breads, beans, low-fat dairy products, lean meats, and fish. Need to eat several small meals throughout the day instead of large meals. Avoid spicy foods, caffeine, chocolate, and foods high in fat



Reference : Micromedex online solution